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Script for Anger Management

Good you are relaxed, very relaxed, deeply relaxed. Listen to my voice ,only my voice. Any other noises you hear will only make you deeper and more deeply relaxed. You were now in a relaxed state of mind. Calm, very calm, breath in slowly and exhale, you are totally fixated on my voice. Allow your thoughts of anger management to combine with my thoughts and suggestions. Permit them to become one, to gain strength together. And now you will focus only on what is important for you to be able to relax and stay focused on my voice and the excellent suggestions I have for your anger management. You are totally calm, totally relaxed, very relaxed, completely relaxed. Imagine and when I say imagine I mean to see, to visualize, a picture in your mind, too sense or feel what I am saying. Now project your thoughts forward and remember a time when you became angry, angry for any reason. Any reason at all. In your vision you see yourself angry. You may be at work or driving your car or having a dispute with your spouse, friend or loved one. Think of how you feel when you begin to become angry, when you first start to lose your temper. Take a deep breath and relax. Listen to my voice, only my voice, any noises other than my voice will only deepen your relaxation. You are becoming deeper and deeper relaxed, you feel warm and comfortable, safe, secure and relaxed. Now imagine a large chimpanzee. Visualize this primate. You clearly see him in your mind. Look at the chimpanzee closely. Visualize him standing in front of you.. Notice everything about him. His big eyes, his large feet and jet black hair. His nose, his large teeth. Imagine this chimpanzee beginning to get angry. Visualize him exhibiting hostile behavior. He is getting angrier and

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angrier, hostile and dangerous. You can clearly see how he clenches his jaw bone. He is tightening the muscles in his face. He clenches his hands and strains the muscles in his arms as he turns his hands into fists. The angry chimpanzee's inhalations of air are shallow and rapid. He narrows his eyes and frowns his forehead. His heart races, his breath becomes more rapid, heat rises from inside his body as he becomes more and more upset and agitated. He is now angry, very angry. Poor, poor chimpanzee, he simply has no control over the negative emotions. They engulf him and overwhelm him. He's ready to fly off the handle and lose complete control of himself. Now take a deep breath and relax. Relax, relax.

You are a human being not a chimpanzee! You are in control of your negative feelings. You are in control of your emotions. When you feel anger first coming on, you will drop your lower jaw and keep it in a relaxed position. You are not a silly chimpanzee. Your jaw will be limp, your tongue will be relaxed in your mouth. The muscles of your body will be relaxed. When you first begin to feel anger coming on, you will slowly take three breaths one following after the other. Slowly and deeply but first, imagine a ball of light in your stomach this ball of light has healing power. It has the power to calm you completely. All you have to do is imagine it is there. You can activate this healing ball of light at your will in the following manner. Your breath activates the healing ball of light. You breathe into your nose and visualize the air going down into your stomach. The air activates the healing light ball of light. Now, imagine, visualize the air going deeply into your stomach, hold it for a second or two and exhale.

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Good, very good . Again, breathing deeply and exhale. Breath deeply again and exhale. Visualize the air flow and exhale. You instantly begin to feel calm, relaxed at peace.

Feel the anger floating away from. You feel at peace with yourself and universe around you. as the light within you heals you. Gone are all the frustrations that made you feel angry. Gone are the frustrations, gone, gone, gone. You feel the goodness of life and calmly except the fact that you are human. You forgive yourself and you forgive others of their shortcomings. You forgive and let go. Forgive, forgive and let go. You're happy, content to be alive and in control of your negative emotions. The negative emotions are gone, gone, gone. Your anger is gone and you are free, free, completely free.

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